

Resource Information, Programs and Services



Seniors Resource Specialist

VERONICA GARCIA

303-651-8716

veronica.garcia@longmontcolorado.gov

Vea nuestra sección de Español en las páginas R8



AMY LOBERG - Seniors Resource Specialist

303-774-4372,

amy.loberg@longmontcolorado.gov



Seniors Counselor and

Resource Education Coordinator

BRANDY QUEEN, LPC

303-651-8414

brandy.queen@longmontcolorado.gov

Veronica and Amy are available to assist older adults and family members in locating and accessing resources and services. Housing, health care, form completion, and access to many other supports are offered. Contact Veronica or Amy for information and assistance.

Brandy Queen is available for one-on-one and couples counseling, and also facilitates and coordinates several support groups, supervises the Senior to Senior Peer Counseling program, and meets with family members for caregiver consultations.

A great source for information and resources. Visit the accurate and comprehensive website at:

www.bouldercountyhelp.org

Call: 303-441-1617, press 1 for Spanish speakers

TTY: 303-441-3986

Email: infoadrc@bouldercounty.org



Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173 for details.

Lunch Bunch

Social activity for persons with early to moderate stage memory loss. See page 25.

Respite & Companion Volunteer Program

Trained and screened volunteers are matched with older adults who live alone or with a family caregiver. Volunteers provide respite, a friendly visit, and a caring connection. Call Veronica or Amy at 303-651-8716 to find out more about getting a volunteer. If you are interested in becoming a volunteer contact the coordinator at 303-441-1543.

Caregiving Support Groups

There are two groups which offer resources, information, and support from one caregiver to another in a facilitated group setting. Call Brandy at 303-651-8414 for information about either one.

1st Monday, 6:00 - 7:30 p.m.

Light supper provided.

2nd Tuesday, noon - 1:30 p.m.

(Focus on Alzheimer's/dementia)

Light lunch provided

Respite Assistance for Caregivers

Call 303-651-8716 for details and qualification information to access financial assistance to pay for respite care.

EMPLOYMENT

The Longmont Workforce Boulder County office is located at 1500 Kansas Ave. Assistance is provided from 8:30 a.m. to 3:00 p.m., Monday through Friday. Ask to speak to an Employment Specialist. After you have registered, you can access other services. Call 303-651-1510.

Resource Information, Programs and Services

COUNSELING

Individual and Family Counseling - Up to eight, free, confidential, brief therapy sessions are available for older adults 55+ seeking emotional support regarding such things as life transitions, relationships, grief, caregiving, etc. Family members or friends caring for an older adult may also utilize this service as goals relate to the caregiving experience. Call Brandy at 303-651-8414 for an appointment.

Senior to Senior Counselors - Senior Services has experienced, trained peer counseling volunteers who can provide support and understanding from one senior to another. If you or someone you know could benefit from having a confidential support person to help sort things out, contact Brandy at 303-651-8414.

HOSPICE CARE

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury. Hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved ones as well. The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity and that our loved ones will receive the necessary support to allow us to do so.

Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

TRU CommunityCare (formerly Hospice of Boulder & Broomfield Counties) is the only non-profit agency providing hospice services in our county.

Information regarding all hospice providers, including those who service the Longmont area, may be found at www.bouldercountyhelp.org. Click on Adult Home Health Care Services.

TRU CommunityCare: 303-449-7740

Family Hospice: 303-440-0205

Front Range Hospice: 303-957-3101

Heartland Homecare and Hospice: 303-926-1001

Agape Hospice: 720-252-3788

Accent Care of Colorado: 1-800-368-7137

Halcyon Hospice and Transitional Care: 970-535-0870

Gentiva Hospice 970-667-0057

FOOD

Carry-Out Caravan

A free grocery shopping & delivery service.

To enroll or find out more, call 303-443-1933 or visit www.careconnectbc.org

Eldershare

Adults 60+ can receive supplemental food items twice a month at the Longmont YMCA. Maximum income of \$1,211 per month for a family of one, \$1,640 for two. Call 303-652-1307 for an application and information.

Home-delivered Meals

Meals on Wheels delivers meals to the homebound Monday-Friday.

Call 303-772-0540 one day in advance and for information on fees and menus.



Lunch at the Senior Center

Meals are served Monday-Friday, 11:30 a.m. - noon.

Call 303-772-0540 for menus and fees.

Reservations are not required.

Medicare Basics

This class is held monthly for those who are just beginning Medicare. Call the Senior Center at 303-651-8411 or contact the front desk to sign up. Summer dates are listed on page 24.

Emergency Mental Health Services

If you are experiencing a mental health emergency, please call Mental Health Partner's Emergency Psychiatric Services at 303-447-1665 or Colorado Crisis Services' Crisis Line at 844-493-8255.

Resource Information, Programs and Services

FINANCIAL

Medicare Counselor

Providing objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights and appeals. For assistance or to schedule an appointment, call 303-441-1546.

Prescription Help Rx Assist is free and co-sponsored by Centura Health. Find the most reasonably priced solutions. Call 1-866-550-2752.

Frauds and Scams

1. Boulder County District Attorney's Community Protection Division at 303-441-3700.
2. To report financial exploitation locally, call Adult Protection at 303-441-1000.
3. Denver District Attorney's Fraud Assistance Line at 720-874-8547.
4. Report financial exploitation online at www.aarpelderwatch.org or by calling 1-800-222-4444 or the Longmont Police 303-651-8555.
5. Visit Longmont Public Safety online at <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/scams>

Reverse Mortgage Information

Call Boulder County Housing Authority at 720-564-2279.

Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

Tax Help - Call Colorado Taxpayer Advocate Service at 303-446-1012.

Medicare/Social Security

Medicare - www.medicare.gov or 1-800-633-4227.
Social Security - <http://ssa.gov/> or 1-800-772-1213.
Boulder office hours: 9:00 a.m. - 3:30 p.m. M - F.
4949 Pearl East Circle, Suite 101.

Money Management Program

Our Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. Call Veronica to get assistance, 303-651-8716.

HOUSING

For information and referral regarding senior, affordable, and other housing programs, call Veronica at 303-651-8716.



A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at www.bouldercountyhelp.org; click on Publications.

Housing Rehabilitation Programs

The City offers these three programs for home improvement and access. Call Tracy DeFrancesco at 303-774-4445. Some programs require owner occupancy.

- **The General Rehab Program & Weatherization** makes repairs to bring your home up to code, correct health and safety issues or make your home more energy efficient.
- **The Accessibility Program** - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.
- **The Emergency Grant Program** - helps with emergency repair to major systems that unexpectedly fail, including furnaces or water heaters.

Longmont Parkinson's Support Group - Evening Discussion Series

Dates: Mondays, June 15, July 13, and August 17
Time: 6:00 - 7:00 p.m.

Join members of the Longmont Parkinson's Group for an evening session. Members will discuss recent events related to Parkinson's disease as well as research and review materials on the Internet. This group also features an online component via Google Hangouts for anyone who wants to participate in the evening session but is unable to travel to the Longmont Senior Center. For more information or to get an invitation to Google hangouts, contact Tom Hubner at 303-678-7089 or thub321@yahoo.com.

Resource Information, Programs and Services

IN-HOME SERVICES

Audio Information Network of Colorado - This volunteer-based service provides access to ink-based materials through broadcast and audio information for Colorado's blind, visually impaired, and print-handicapped individuals. Call 303-786-7777 for more information.

Book Delivery Service - Longmont Library has a service of delivering books to homebound persons. If you or someone you know is interested in receiving books or being a volunteer to deliver books, please call Debbie Puzo at 303-651-8795.

Fix-It Folks - Volunteer Fix-it Folks are available to come to your home to make minor repairs and install grab bars. You purchase the necessary supplies. Call CareConnect at 303-443-1933 ext. 414.

Staying Home - a guide to resources to support staying in your home, apartment, or with others. This guide will replace the Home Health Care Guide with information on a wide variety of resources, including home care, transportation, nutrition, and others—all to assist a person in remaining in their home. www.bouldercountyhelp.org, click on Publications or ask at the Senior Center front desk.

Home & Community Based Services - For individuals needing assistance to remain in their homes or assisted living and who are nursing home eligible. Call Adult Care Management at 303-439-7011.

SAFETY

Personal Locator System - Colorado Life Trak is a personal locator system operated by the Boulder County Sheriff's office and local law enforcement. Individuals with a propensity to wander and unable to communicate personal information wear a wristband that can be tracked electronically when the need arises. Applications available at the Senior Center front desk or download from <http://www.bouldercounty.org/sheriff/lifetrak.htm>. Call 303-441-3673 for more information.

Longmont Fire Department Smoke Detector Program - Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call Karon at 303-651-8437 for more information.

Frauds and Scams - See page R3 for more information. Visit Longmont Public Safety online at <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/scams> for more local information.

Report Elder Abuse -The County's Adult Protection Unit responds to reports of physical, emotional, financial, sexual abuse, neglect, & self-neglect. Call 303-441-1000.

Longmont Police - The Longmont Police provide information on identity theft on the Public Safety pages at <http://www.LongmontColorado.gov> then click on the Public Safety Services, then Prevention, then Scams.

Pay your Boulder County Property Tax at the Longmont Senior Center

Boulder County Treasurer representatives will be here on June 10, 11, 12, and 15 from 10 a.m. to 3 p.m. each of these days.

Resource Information, Programs and Services

LEGAL

Legal Aid -Boulder County

Legal Services is available to assist those Boulder County residents 60+ with legal issues.

For appointments, call 303-449-7575

or visit their website www.ColoradoLegalServices.org



AARP Legal Services Network (LSN)

Members are entitled to a free 30-minute legal consultation with an attorney who meets AARP LSN standards. Additional services are provided at reduced rates. Call 1-888-687-2277 or online at www.aarp.org/LSN for more information.

Victim Advocate - This individual works with the Police Department to serve the needs of people who have been victims of a crime in Longmont. Call 303-651-8855 for more information.

Advance Planning - Contact Peggy Arnold, M.A., AgeWell Coordinator, at 303-651-5080 to discuss advance medical directives, such as the living will, medical power of attorney, Five Wishes documents, and ethical wills or legacy stories.

Rocky Mountain Legal Center - a non-profit organization providing free civil legal representation, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available - 720-839-0716.



SUPPORT GROUPS

(the following groups meet at the Senior Center or if elsewhere it is noted)

Adjusting to Life's Changes

Thursdays, July 9 – August 27, 4-6pm.

A support group for loss and change.

Contact: Brandy, 303-651-8414

Alcoholics Anonymous (open meetings)

Tuesdays, 7:30 - 8:30 p.m. Triple S Group

Caregivers

1st Monday, 6:00 - 7:30 p.m. or

2nd Tuesday, noon - 1:30 p.m. (Focus on dementia)

Resource information and support for family caregivers. Contact: Brandy, 303-651-8414

Chronic Pain Support Group

1st Tuesday, Longmont Senior Center

3rd Saturday, Longmont United Hospital

Time: 1:00 – 3:00 p.m.

For further information see page 28.

Grandparents

Raising Grandkids

1st Monday, 6:00 - 7:30 p.m.

Call Rebecca Trego at 303-441-1106

Low Vision

2nd Friday, 10:30 - 11:30 a.m.

Contact: Lisa Nelson, 720-308-3087

Multiple Sclerosis Group

2nd Monday Self Help Group: 6:00 – 7:30 p.m.

Call 970-482-5016

Parkinson's

Meets at Longs Peak United Methodist Church

1421 Elmhurst St., Longmont

2nd Wednesday, 10:00 - 11:30 a.m.

Contact: Tom Hubner 303-678-7089 or Parkinson's Association at 303-830-1839

Rainbow Elders of Boulder County

A social and support

group for 55+ lesbian,

gay, bisexual and transgender people. Call the

LGBT Program Specialist at Boulder County Area

Agency on Aging 303-441-3583, or infoLGBTelders@bouldercounty.org

-Confidentiality maintained.



Widowers

2nd & 4th Tuesday, 7:00 - 8:30 p.m.

Contact: Dick Gormley at 303-776-8203

Attention Grandparents Are you searching for activities or a licensed preschool for your grandchild? The City of Longmont Recreation Services has something for all ages and times. Check us out at the St. Vrain Memorial Building or call at 303-651-8404. Youth Scholarship opportunities available.

For information about other support groups, call Brandy at 303-651-8414

Resource Information, Programs and Services

Learn how to access local and regional transportation services and mobility options through a free telephone consultation with a mobility specialist from Via. Call 303-447-2848, press 1.

TRANSPORTATION

Via provides low-cost, door-through-door, wheelchair accessible transportation in Longmont and surrounding communities. Ride requests can be made from 1 to 7 days in advance. Same day rides may be possible if space is available. Requests can also be made by email at info@viacolorado.org



To Schedule a ride: New riders call 303-447-2848, press 1. Existing riders call 303-447-9636.

Service within Longmont:

Fares: \$2.00 one-way/\$4.00 round trip
Monday-Friday: 7:30 a.m. to 5:00 p.m. and
Sunday: 8:00 a.m. to 12:30 p.m.

Service between Longmont & Boulder:

Fares: \$4.00 one-way/\$8.00 round trip
Monday-Friday: call for trip times

Service between Longmont & Louisville/Lafayette:

Fares: \$4.00 one-way/\$8.00 round trip. Tuesdays: call for trip times

No-fare (free) or reduced-fare options are available for those who find these fares a hardship. Please call to discuss your individual travel needs.

OTHER SERVICES

Travel Training:

1-on-1, comprehensive instruction prepares seniors to safely and confidently use RTD and Call-n-Ride buses. Call 303-447-2848, ext. 1048 to learn more.

Mobility Options:

Numerous other transportation options are available within Boulder County. Via's mobility specialists can provide information and referrals based on your needs, develop individual travel plans, and inform you or your family member of appropriate services offered by Via, as well as services available from other community resources. Call 303-447-2848, press 1.

Mileage Reimbursement Program

Via's Family and Friends Mileage Reimbursement Program makes it easier to ask for rides from family, friends, and neighbors by offering reimbursement based on miles driven. Qualifying rides include those trips within Via's service area which Via is unable to provide due to scheduling constraints or trips that occur outside regular service hours/days. Includes trips to the Denver metro area for medical reasons (Medicaid eligible trips are not reimbursable). Trips must be preauthorized by calling 303-447-9636. Learn more at www.viacolorado.org

Call-N-Ride (Longmont)

For scheduling information, contact the phone number for the zone in which your trip starts. For service in Zone A (west side of Longmont), call 303-994-3551. For service in Zone B (east side of Longmont), call 303-994-3552. Reservations for rides can be made up to a week in advance. Rides are scheduled on a first come-first served basis. For more information about Call-N-Ride, or RTD bus routes, call 303-299-6000.

Medical Mobility- Boulder County CareConnect

Escorted transportation services for ambulatory older adults and people with disabilities to health care related appointments within Boulder County, this includes to pharmacies for prescription pick up. This is a donation only service and no payment is ever required however, suggested donations are \$5 round trip in the same city and \$10 round trip between 2 cities. Rides are not guaranteed, as service depends on the availability of volunteers. Due to a high volume of requests, you **MUST** call 7 days in advance. Call CareConnect at 303-443-1933, ext. 414.

Berthoud Area Transportation

For transportation in Berthoud and to connect with the new volunteer service, call 970-532-3042.

RTD Special Discount Card

To obtain reduced bus fares, disabled individuals may obtain an RTD Special Discount Card at the Senior Center on the 2nd Monday of each month between 3:00 - 4:00 p.m. Please bring proof of your disability, \$2.00 and a photo ID. For additional information, call 303-299-2667.

Resource Information, Programs and Services

Telephone Referral Sheet

AARP (Colorado Office)	1-866-554-5376	Medicare Counselor	303-441-1546
AARP Legal Services	1-888-687-2277	Mental Health Partners	303-413-6263
ACMI - Nursing Home Diversion (HCBS)	303-439-7011	Mental Health Crisis Line 24/7	303-447-1665
Adult Day Care - Homestead	303-772-9152	Nursing Home Monitoring	303-441-1173
Adult Protection (Report Elder Abuse)	303-441-1309	OUR Center	303-772-5529
AgeWell (Located at the Senior Center)	303-651-5080	Parkinson's Association of the Rockies	303-830-1839
Alzheimer's Assoc. 24-Hr Helpline	1-800-864-4404	Peer Counseling - Longmont	303-651-8414
ARCH Information & Referral	303-441-1617	Poison - Rocky Mt. Poison Control	1-800-332-3073
Arthritis Foundation	303-756-8622	Police, Longmont non-emergency	303-651-8501
Audio Information Network	303-786-7777	Reverse Mortgages - Boulder County	303-441-1544
Better Business Bureau	303-327-4500	Rocky Mountain Legal Center	720-839-0716
Boulder County CareConnect	303-443-1933	Safe Shelter (was Longmont Coalition)	303-772-0432
Center For People With Disabilities	303-772-3250	Salud Clinic	303-776-3250
Colorado Division of Insurance	303-894-7499	Senior Centers in the area	
Colorado Life Trak	303-441-3646	Berthoud	970-532-2730
Colorado No-Call Program	1-800-309-7041	Boulder (East)	303-441-4150
Colorado Talking Books Library	303-727-9277	Boulder (West)	303-441-3148
Community Protection (Boulder County)	303-441-3700	Lafayette	303-665-9052
Dental Aid-Longmont	303-682-2619	Longmont	303-651-8411
El Comité	303-651-6125	Louisville	303-666-7400
Elder Care National Locator	1-800-677-1116	Loveland	970-962-2783
Elder Watch Fraud Hotline	1-800-222-4444	Niwot Area Senior Resources	303-652-3850
Employment, Workforce Boulder County	303-651-1510	Senior Opportunity Source	303-527-0627
Foot Care Clinic	303-651-5224	Senior Reach	1-866-217-5808
Food Programs		Social Security	1-800-772-1213
- Carry Out Caravan	303-443-1933 x416	Social Services (BOCO HHS)	303-678-6000
- Eldershare	303-652-1307	Stroke - Rocky Mt. Association	303-730-8800
- Meals on Wheels	303-772-0540	Suicide Prevention - Metro Crisis Line	1-888-885-1222
- Share Colorado	1-800-933-7427	Transportation	
Fraud - Attorney General Hotline	1-800-222-4444	Access-A-Ride	303-292-6560
Grandparents Raising Grandchildren	303-651-8414	RTD	303-299-6000
Health Center of Integrated Therapies	303-651-5188	RTD Call-n-Ride (East)	303-994-3552
Health Department, Longmont	303-678-6166	RTD Call-n-Ride (West)	303-994-3551
Housing: Longmont Housing Authority	303-651-8581	Via	303-447-9636
Legal Services of Boulder County	303-449-7575	TRU CommunityCare	303-449-7740
Legal Services AARP	1-888-687-2277	24-Hour Mental Health Crisis Line	303-447-1665
Lifeline	303-441-2200	Veterans Helping Veterans Now	303-772-9777
Loan Closet Medical Equipment		Veteran Services - Longmont	303-776-8502
American Legion	303-776-2034	Victim Advocate - Police	303-651-8855
Elks	303-776-1055	Weatherization	720-864-6401
Moose	303-776-4911		
VFW	303-776-8590		
Longmont Ending Violence (LEVI)	303-774-4534		
Longmont United Hospital	303-651-5111		
Long Term Care Ombudsman	303-441-1173		
Low Income Energy Program (LEAP)	303-678-6023		
Low Vision Group - Longmont	720-308-3087		
Medicaid (BCDHH)	303-678-6000		
Medicare	1-800-623-4227		



www.bouldercountyhelp.org
303-441-1617

Resource Information, Programs and Services

Para más información sobre recursos para Personas de la Tercer edad en la Internet
vea la página de red www.BoulderCountyAyuda.org

Películas en Español

El Grupo de Conversación en Español presentará tres películas el primer viernes de cada mes. Las películas empiezan a la 1:30 p.m. Son gratis por favor regístrese.

Tiempo: 1:30 – 3:00 p.m.

Costo: GRATIS, pero por favor regístrese con Ana 303-651-8411

Diarios de Motocicleta

De Actividad: 384412.03

Fecha: martes, 9 de junio

Comenzando en el año 1951, un estudiante Argentino de medicina y futuro revolucionario, Che Guevara, viaja a través de Sur América en su motocicleta con su amigo Alberto. Esta profunda odisea personal cristaliza, a la larga las creencias políticas en el joven. (2004, 128 minutos)

Viridiana

De Actividad: #384412.04

Fecha: viernes, 17 de julio

Antes de tomar sus votos perpetuos, la joven monja Viridiana (Silvia Pinal) visita a su tío, Don Jaime (Fernando Rey), que le ha apoyado durante años. Pero Jaime, obsesionado con su sobrina, debido a su parecido con su difunta esposa, se dispone a corromperla. (1961, 90 minutos)

La Gran Final

De Actividad: #384412.05

Fecha: miércoles, 5 de agosto

Esta comedia poco singular sigue los viajes individuales de unos grupos en regiones remotas. Ellos son aficionados del fútbol y están empeñados en ver la final de la Copa Mundial de 2002. Hacen una caminata de 500 kilómetros para encontrar una ciudad con un televisor que funcione. (2006, 88 minutos)

Consejera de Medicare

Proporciona información objetiva y asistencia con respecto a los beneficios de Medicare, seguros de salud, las políticas complementarias, sus derechos y más. Si necesita ayuda o para una cita llame al 303-678-6113. Si le gustaría hablar directamente con Guio Bravo (consejera de Medicare) puede venir al Centro (Senior Center) cada lunes entre la 1:00 p.m. y 2 p.m., una cita no es necesaria.

Conozca las 10 Señales De Advertencia: La Detección Temprana es Importante

Fecha: lunes, 3 de agosto

Tiempo: 9:00 a.m. – 11:00 a.m.

De Actividad: 384421.00

Costo: GRATIS, pero por favor regístrese con Ana a 303-651-8411

Las señales de la enfermedad de Alzheimer frecuentemente se creen ser una parte normal del envejecimiento lo que no es cierto. Si usted o alguien conocido parecen estar perdiendo la memoria o tiene cambios de comportamiento, es hora de aprender acerca de los síntomas. La detección temprana le da a usted una oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro. Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer. Aquí nosotros separamos los mitos de la realidad y discutimos los temores que la gente en América tiene acerca del Alzheimer. Escuche a personas que tienen la enfermedad hablar acerca de su experiencia y aprenda como reconocer las señales de advertencia en usted y otros.